



UCOOK

Thai Chicken Tenders

with coconut rice & a side salad

These Thai-style chicken tenders are crunchy, sticky, and irresistible all at once. Chicken strips are coated in a cashew & panko crumb, then fried until golden & crunchy before being smothered in a sweet-soy sauce. This yummy goodness sits atop a bed of fluffy ginger-infused coconut rice. Sided with a fresh carrot salad. Absolutely addictive!

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

Adventurous Foodie

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Cabernet Franc

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Ingredients & Prep

300ml	Jasmine Rice <i>rinse</i>
30g	Fresh Ginger <i>peel & grate</i>
600ml	Coconut Milk
90ml	Cake Flour
45g	Cashew Nuts <i>finely chop</i>
300ml	Panko Breadcrumbs
450g	Free-range Chicken Mini Fillets
330ml	Sweet-soy <i>(300ml Thai Sweet Chilli Sauce & 30ml Low Sodium Soy Sauce)</i>
45ml	Lemon Juice
60g	Piquanté Peppers <i>drain</i>
60g	Salad Leaves <i>rinse & roughly shred</i>
240g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Egg/s

1. IT'S ALL IN THE INFUSION Place the rinsed rice, the grated ginger, the coconut milk, and 150ml of salted water in a pot over medium-high heat. Cover with the lid and bring to the boil. Reduce the heat and simmer until the liquid has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. CRUMBY CHICKY In a shallow dish, whisk 2 eggs with 2 tbsp of water. Prepare two more shallow dishes: one containing the flour (lightly seasoned) and the other containing a mixture of the chopped cashews and the breadcrumbs. Coat the chicken strips in the flour first, then in the egg, and, lastly, in the cashew crumb mixture.

3. NOW FOR THE FRYING Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the crumbed chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Drain on paper towel.

4. STICKY COATING Drain the oil from the pan. Return the pan to medium heat with the sweet-soy and ½ the lemon juice. When starting to bubble, add the fried chicken and the peppers. Simmer until the sauce is sticky and the chicken & peppers are coated, 3-4 minutes (shifting occasionally).

5. TOUCH OF FRESHNESS In a salad bowl, combine the shredded salad leaves, the carrot matchsticks, the remaining lemon juice, and seasoning.

6. TIME TO EAT Make a bed of the coconut rice and top with the sticky chicken. Side with the dressed salad. Well done, Chef!



Chef's Tip

Air fryer method: Air fry the crumbed chicken at 200°C until crispy, 10-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	687kj
Energy	164kcal
Protein	6.5g
Carbs	79g
of which sugars	8g
Fibre	1.2g
Fat	4.7g
of which saturated	3.1g
Sodium	297mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Tree Nuts, Soy

Eat
Within
3 Days